

Lansdowne, PA — Congressman Joe Sestak (PA-07), a Veteran of 31 years in the Navy, honored Veterans at a number of events during Memorial Day.

On Monday morning, Congressman Sestak kicked off the Lansdowne Memorial Day 5k Run, addressing a crowd of more than 300 about the day's importance and America's fortune to have so many courageous young men and women in each generation who put nation before self to defend our country. He joined Mayor Jane Young of Lansdowne at the event, which was hosted by the Lansdowne Economic Development Group, a non-profit, volunteer organization formed to support, encourage and promote economic growth in Lansdowne through focused community and economic development activities.

Congressman Sestak continued to celebrate Memorial Day at the Springfield Parade, joined by wife Susan and daughter Alex. He then travelled to Ridley Park to participate in the township's Memorial Day Ceremony. Next, the Congressman spoke at the American Legion Post 338 Ceremony in Havertown. Finally he visited Darby VFW Post 598 where members had created a wall full of pictures of fallen soldiers from Delaware County.

"A Memorial Day weekend of somber reflection and celebration of our nation's heroes is an important part of recognizing the men and women in uniform who have defended our country courageously," said Congressman Sestak. "But these festivities only come around once a year. We must, every day, remember those who have fallen, care for those who are injured in our conflicts, and honor those who have served."

*Former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, and was Commander of an aircraft carrier battle group of 30 U.S. and allied ships, with more than 15,000 sailors and 100 aircraft, that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He previously served in the White House as President Clinton's Director for Defense Policy. According to the office of the House Historian, he is the highest-ranking former military officer ever elected to the U.S. Congress.*

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